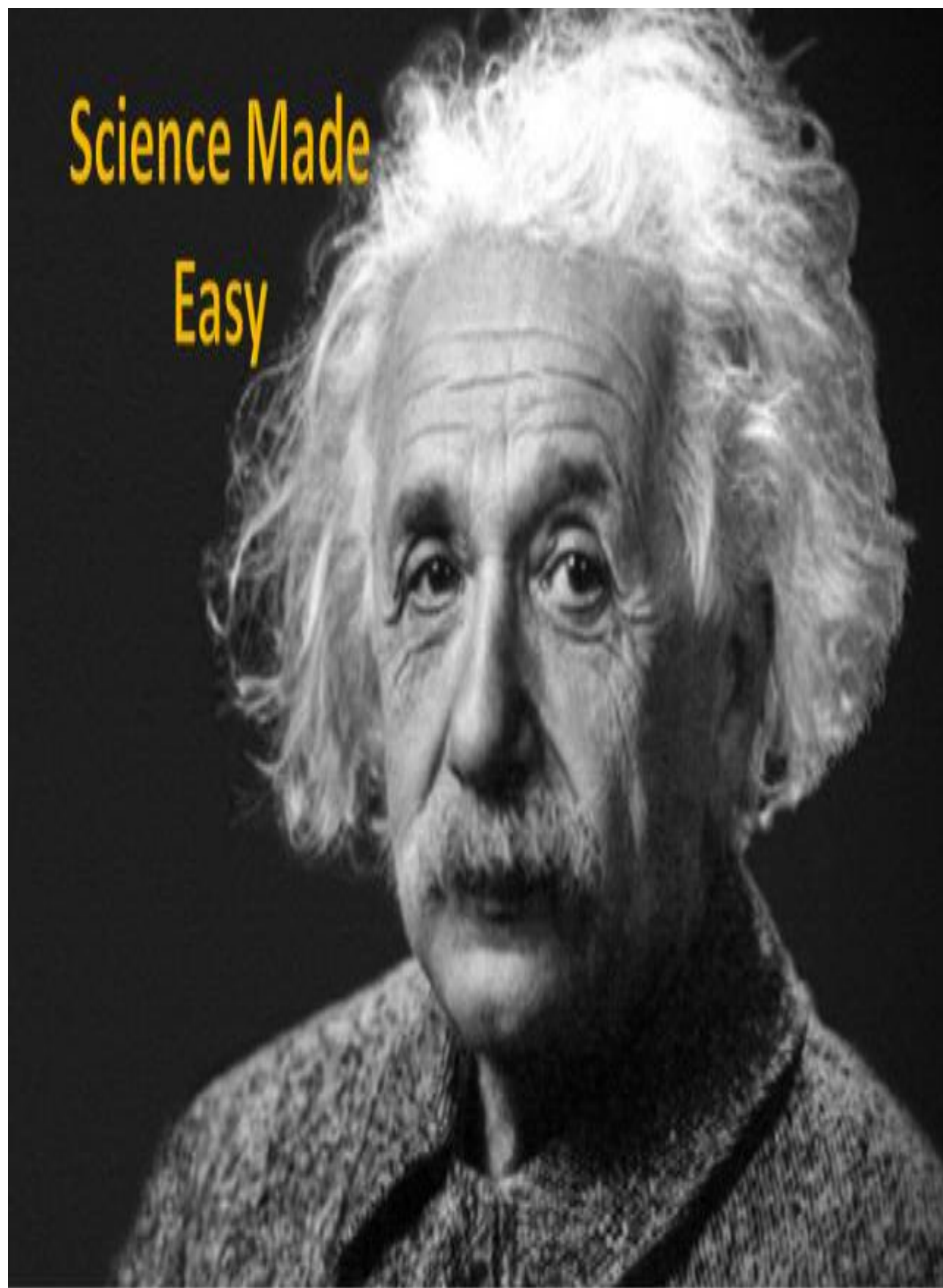




Part 2

Science Made
Easy

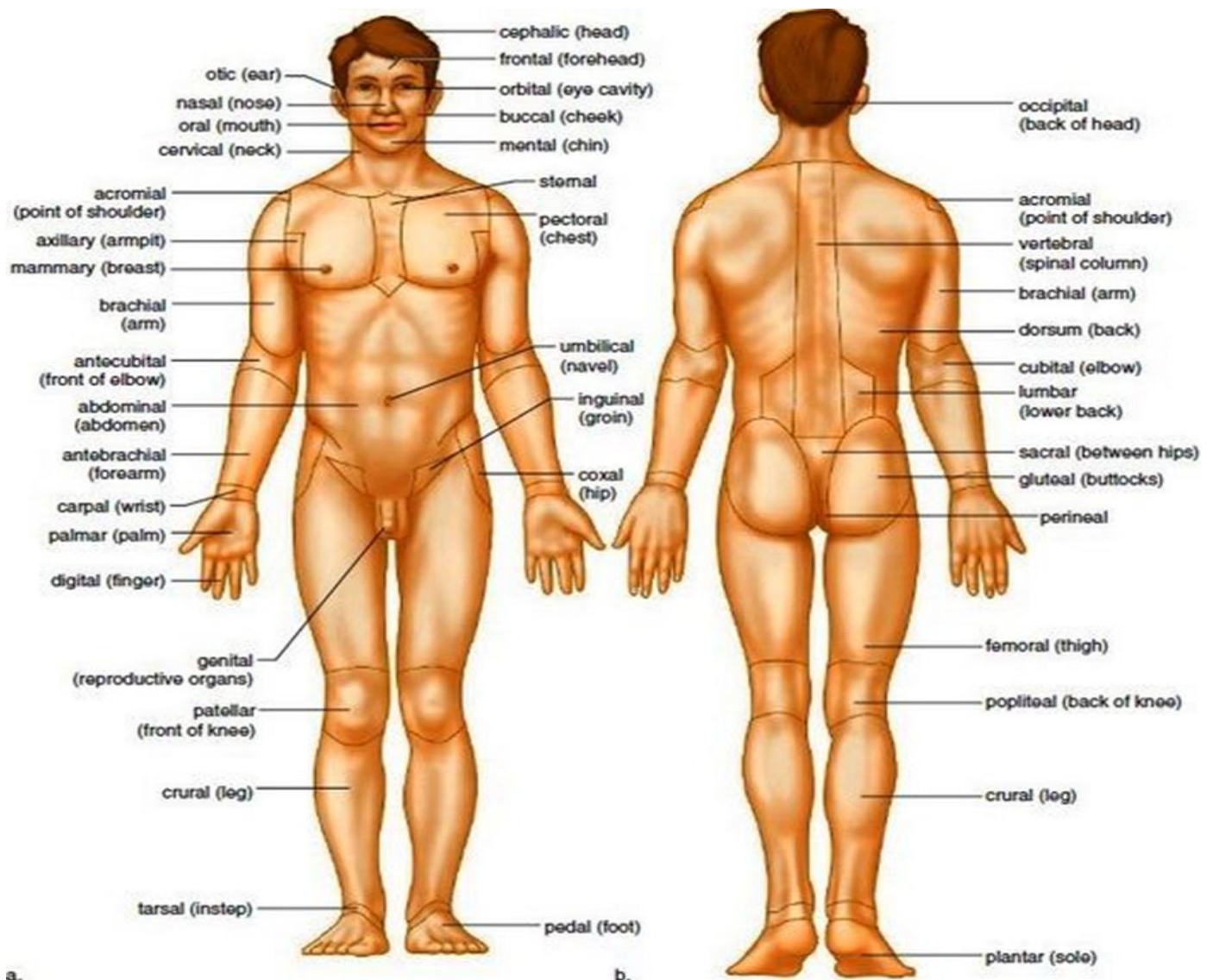


Lesson – 1- Human Body

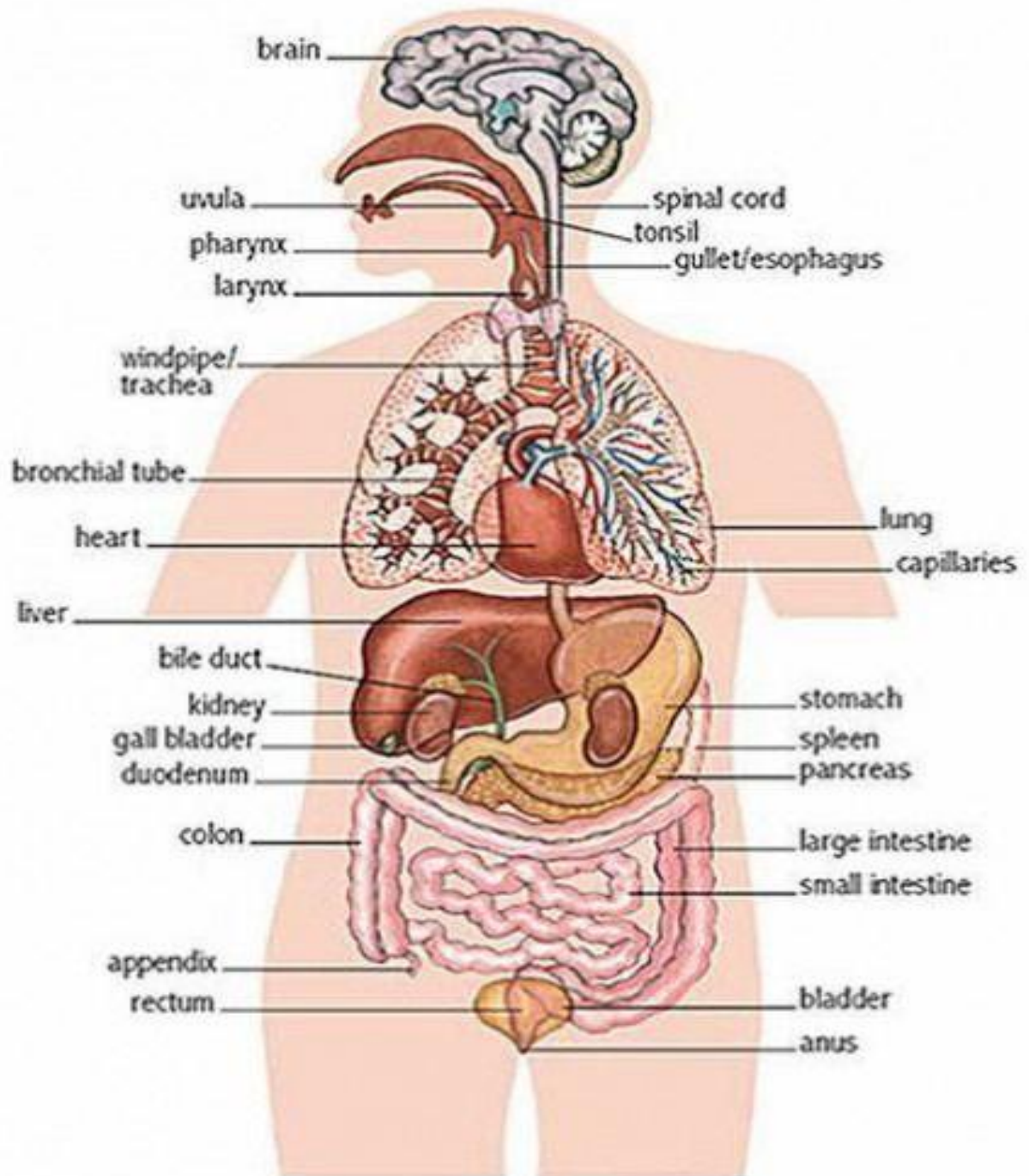
Introduction

The lesson introduces children about the body, its parts, and its purpose in the large world or outside it, its organs and so on.

A quick view of body

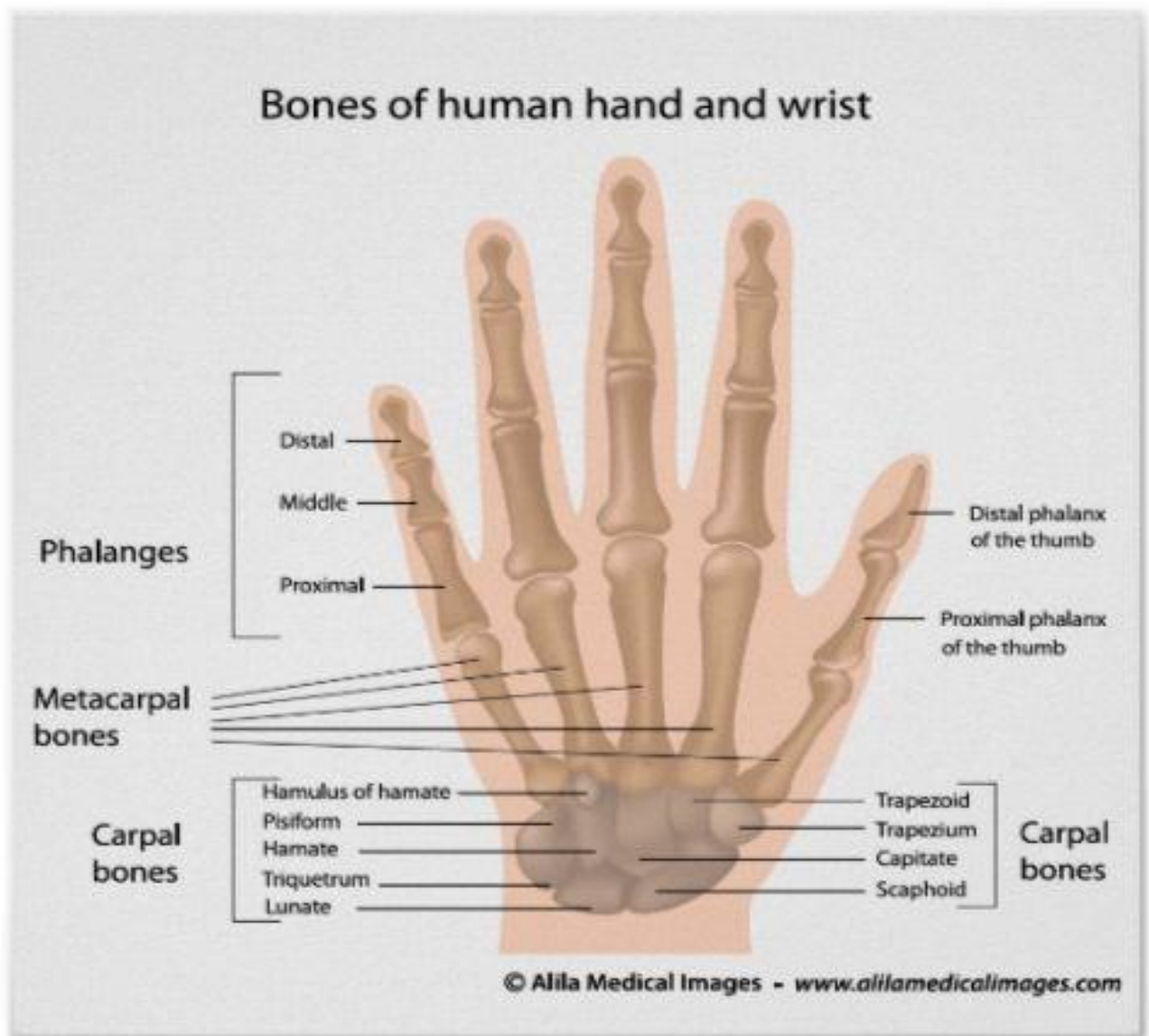


Inside the body

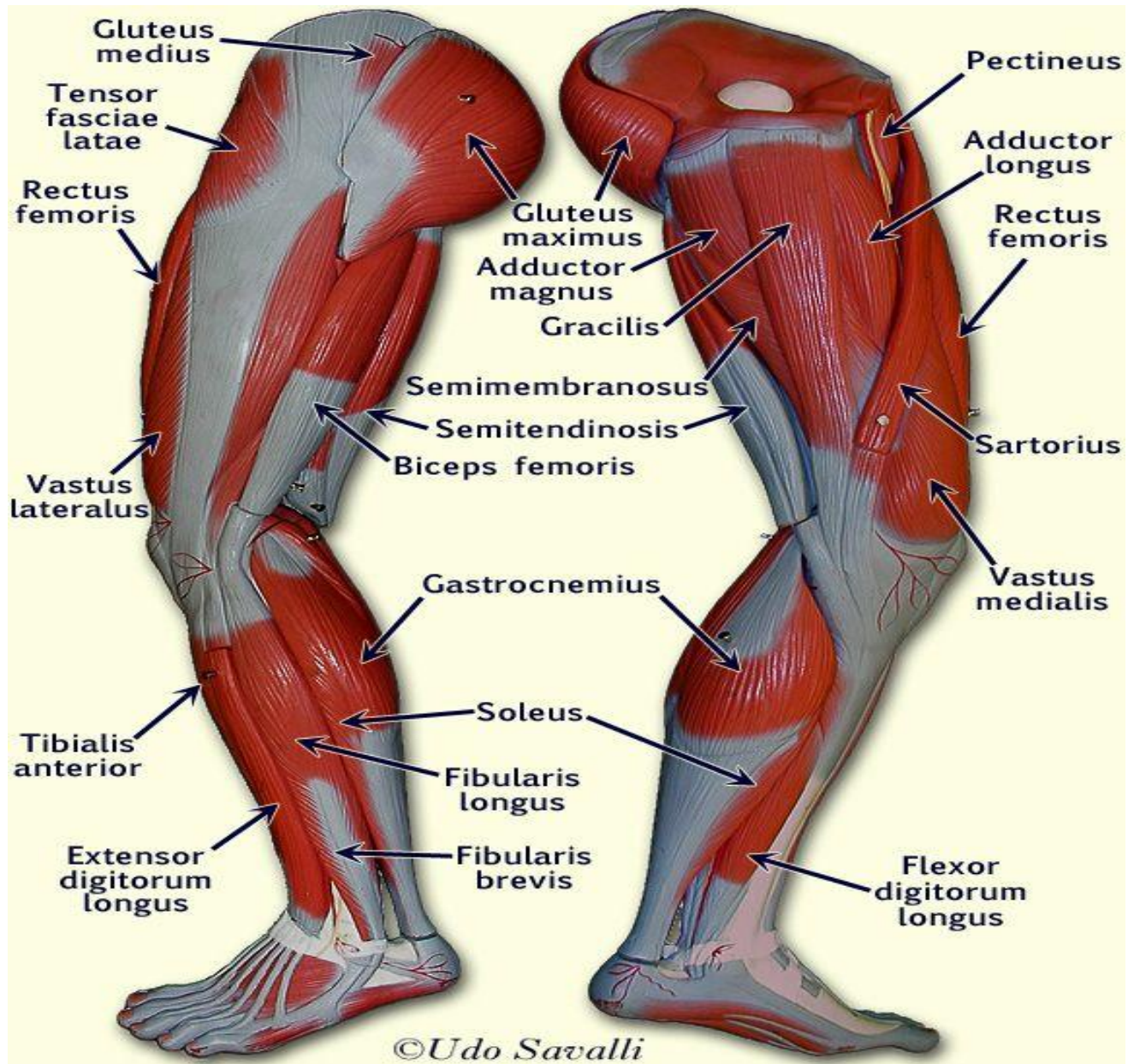


Different parts of body made easy.

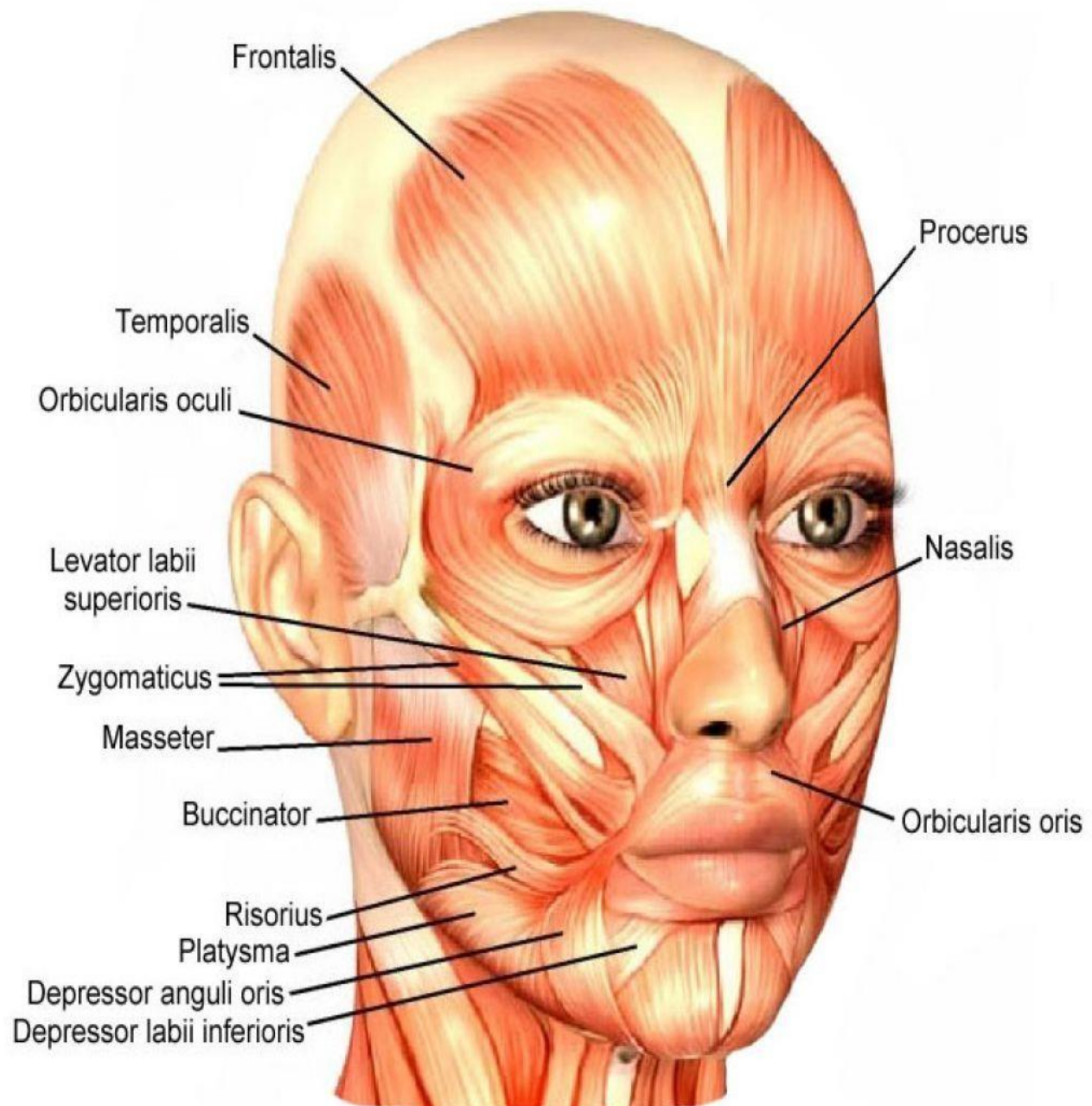
Hand – a hand is a prehensile multi – figured appendage located at the end of forearm or forelimb.



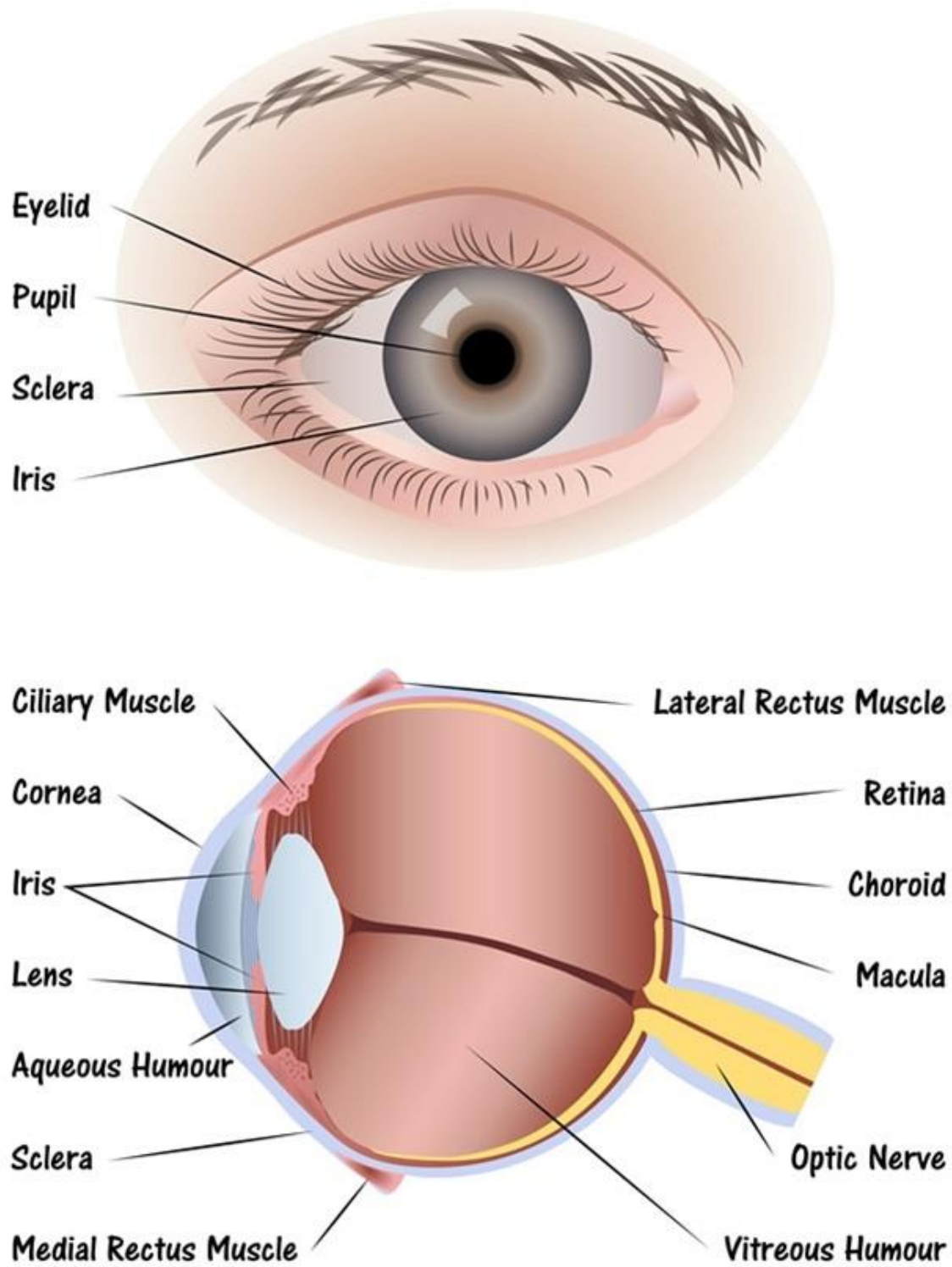
Leg – each of the limbs on which a person or animal stands.



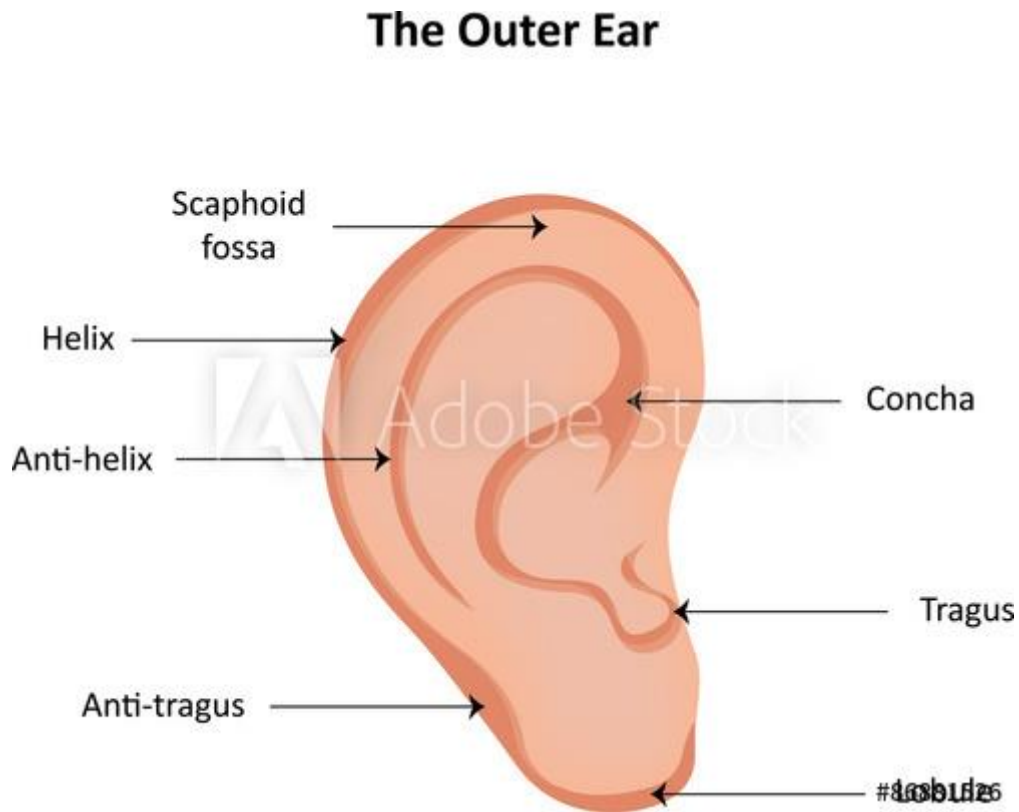
Face – the face has eyes, ears, nose, mouth and chin.



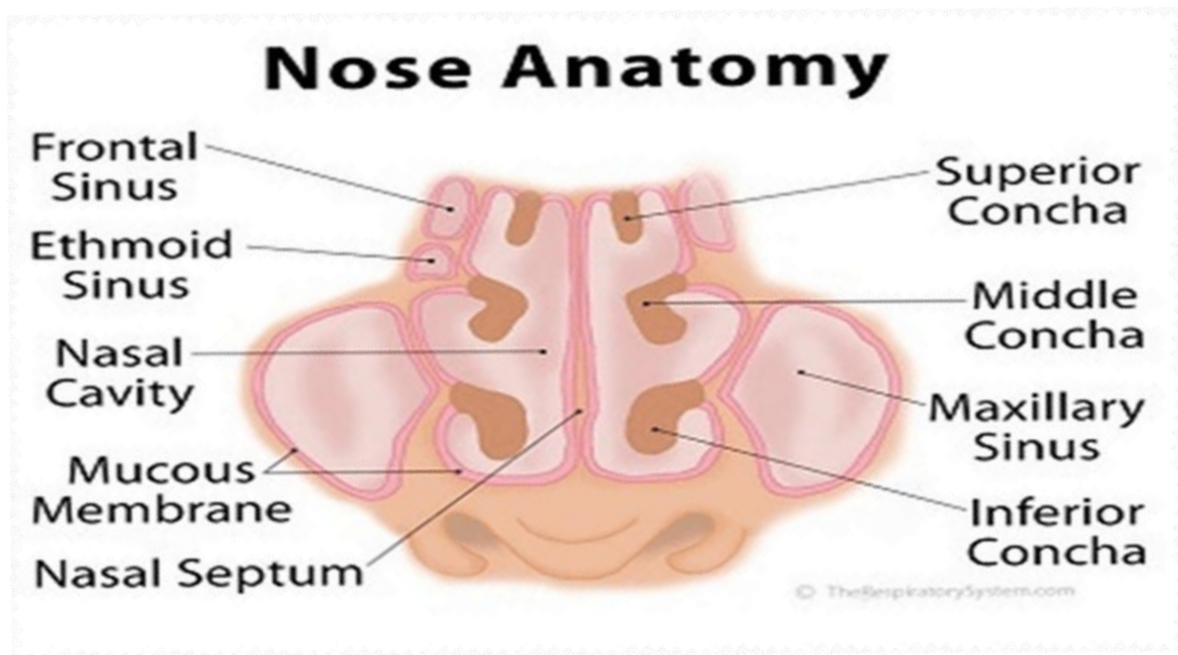
Eyes – each of a pair of globular organs at the sight in the head in animals and people.



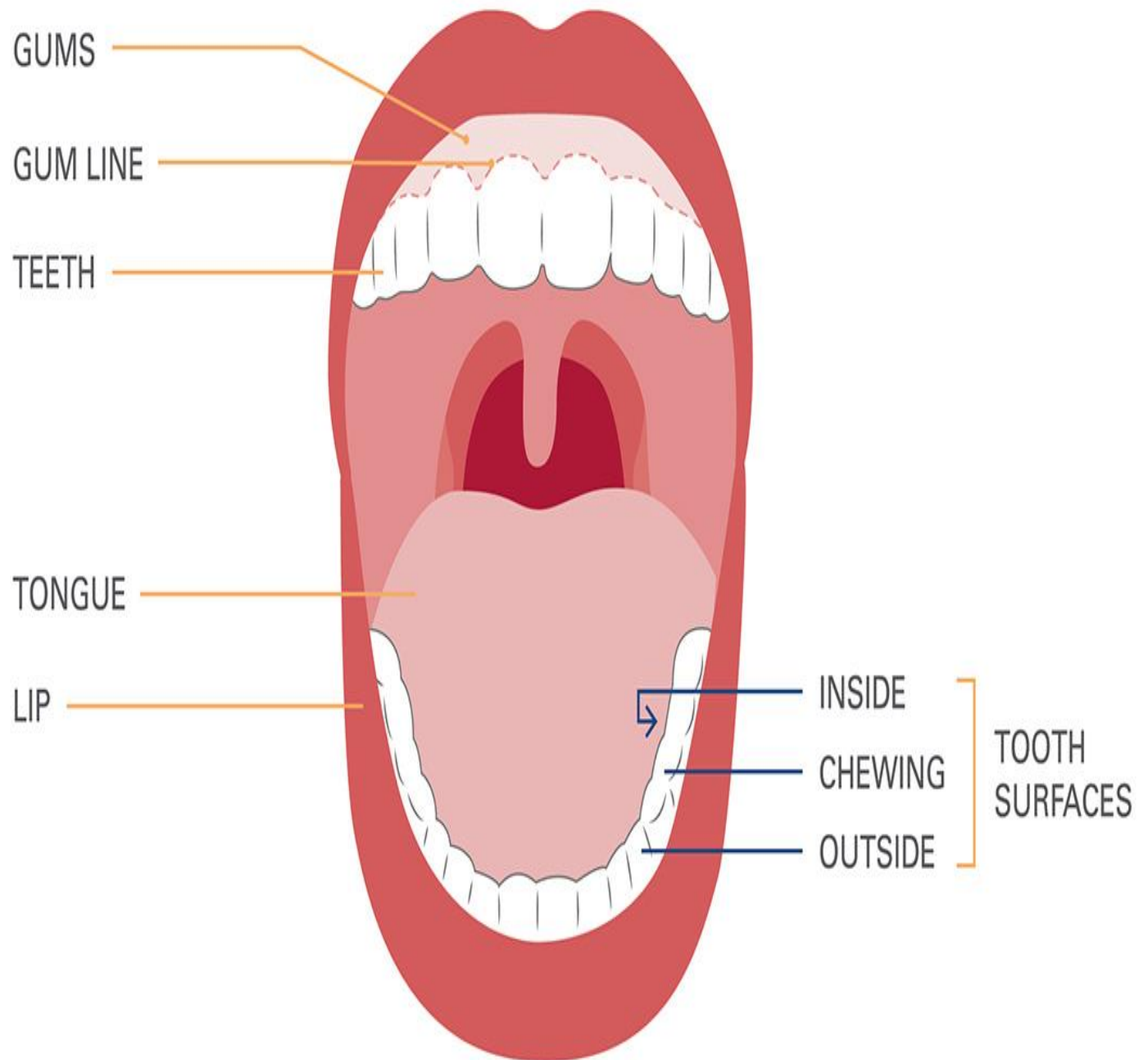
Ears - The ear is the organ of hearing and, in mammals, balance. In mammals, the ear is usually described as having three parts—the outer ear, the middle ear and the inner ear. The outer ear consists of the pinna and the ear canal.



Nose - Your nose is also a two-way street. When you exhale the old air from your lungs, the nose is the main way for the air to leave your body.



Mouth -
• Lips and Palates The lips act as the entrance to the mouth.
• Tongue The tongue is a muscle found in the middle of the mouth.
• Gums.



Key words

Nose	The part of the body from which we smell
Mouth	The part of the body from where we eat
Stomach	The stomach is a muscular organ located on the left side of the upper abdomen. The stomach receives food from the esophagus.
Liver	The liver is an organ only found in vertebrates which detoxifies various metabolites, synthesizes proteins and produces biochemical necessary for digestion and growth. In humans, it is located in the right upper quadrant of the abdomen, below the diaphragm.
Large intestine	The large intestine consists of the colon, rectum, and anal canal. The wall of the large intestine has the same types of tissue that are found in other parts of the digestive tract but there are some distinguishing characteristics

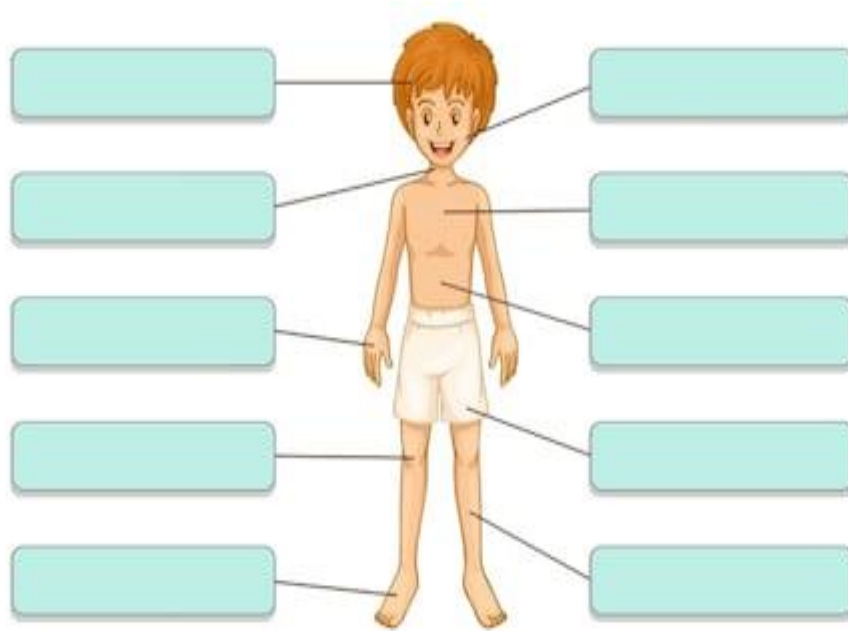
Fill in the blanks

1. Nose is a part from where we _____.
2. Liver is a part from where bile, a water type liquid that helps in digestion, goes to _____.
3. Large intestine removes _____.
4. _____ takes out all the waste out our body.
5. _____ is a two way street.

True and false

1. Anus is a two way street.
2. We smell from our teeth.
3. Food after digestion food
Is stored in rectum.
4. Digestion finishes in
Small intestine.
5. Brain is situated at the
Upper side of the body.

Identify the picture and label it



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Hope you
Understood
The chapter

Let's land on another chapter

Lesson- 2- food

Introduction to food

Food is any substance consumed to provide nutritional support for an organism. Food is usually of plant, animal or fungal in origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals.



Food is one of the basic need for our life. The five basic nutrients in food are carbohydrates, fats, proteins, vitamins and minerals.

Balanced diet

A balanced diet is a diet that contains differing kinds of foods in certain quantities and proportions so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequate and a small provision is reserved for additional nutrients to endure the short length of leanness

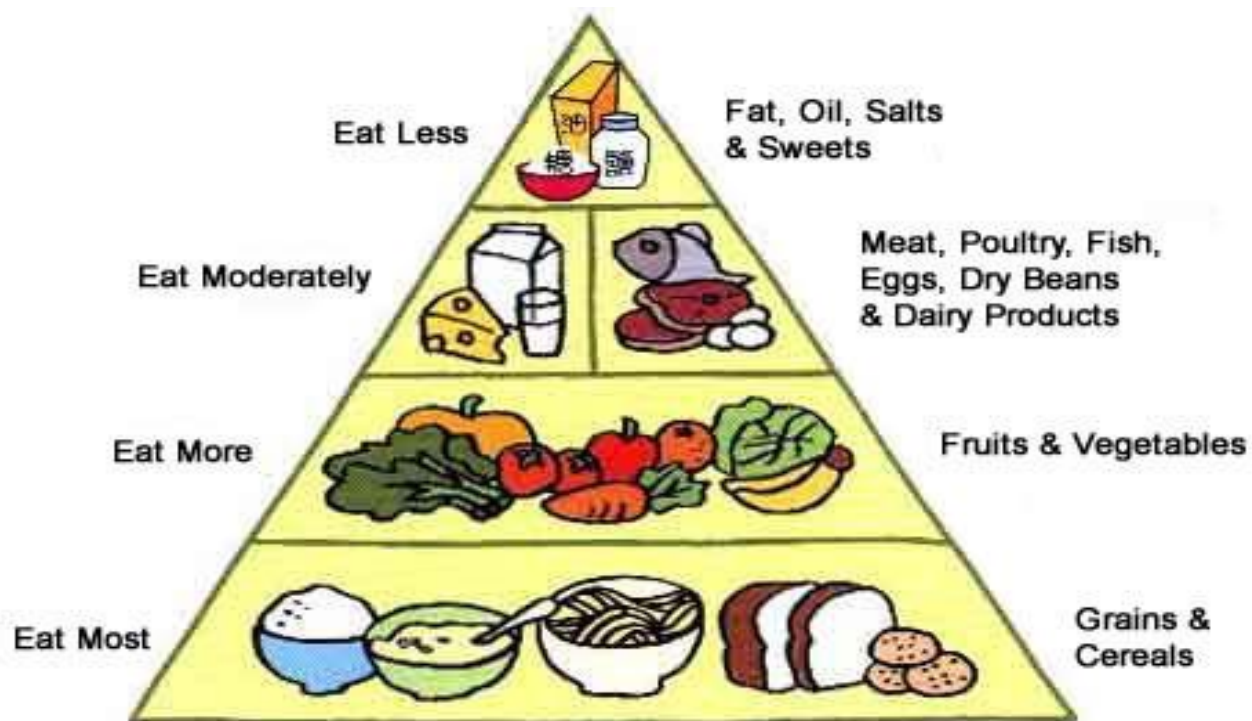


Junk food

Junk food is unhealthful food that is high in calories from sugar or fat, with little dietary fiber, protein, vitamins, minerals, or other important forms of nutritional value. Precise definitions vary by purpose and over time. Some high-protein foods, like meat prepared with saturated fat, may be considered as junk food



A food pyramid is a representation of the optimal number of servings to be eaten each day from each of the basic food groups. The first pyramid was published in Sweden in 1974. The 1992 pyramid introduced by the United States Department of Agriculture was called the "Food Guide Pyramid" or "Eating Right Pyramid"



1. Which type of food should we eat the most?

Ans _____

2. Which type of food we should eat moderately?

Ans _____

Effects of junk food

Eating a poor quality diet high in junk food is linked to a higher risk of obesity, depression, digestive issues, heart disease and stroke, type 2 diabetes, cancer, and early death. And as you might expect, frequency matters when it comes to the impact of junk food on your health.




Nutrients	Food Sources	Deficiency Diseases
Carbohydrates	Cereal, whole grains, legumes, potatoes, cheese, pasta, etc.	Hypoglycemia and Ketoacidosis.
Proteins	Almonds, eggs, chicken, yoghurt, cottage cheese, oats, seafood, beans and pulses, milk and other dairy products.	Kwashiorkor and Marasmus.
Iodine	Eggs, nuts, bread, seaweed, dairy products, and iodized table salt.	Goitre, Anemia, Hypothyroidism.
Calcium	Dates, spinach, almonds, soybeans eggs, beans, lentils	Muscle spasms, low bone density, and Hypocalcaemia.

	milk, and all other dairy products.	
Sodium	Onions, cabbage, sweet potato, broccoli, pumpkin seeds, eggs and milk	Gastrointestinal Distress, the Improper functioning of nerves and muscles.
Phosphorous	Milk, yoghurt, soy products, beans, whole grain food products, potatoes, peas, etc.	Weak bones and muscles, joint pains, nervous system disorders, obesity, etc.
Vitamin – A	Green leafy vegetables, yellow colored fruits, milk, nuts, tomatoes, carrots, broccoli, etc.	Night Blindness and other vision problems.
Vitamin -B	Whole-grain foods, legumes eggs, green	Beriberi.

	leafy vegetables milk and milk products, etc.	
Vitamin -C	Citrus fruits, broccoli, milk, and chestnuts.	Gum bleeding and Scurvy.
Vitamin -D	Fish, liver, egg yolks, cheese, citrus fruit juices, soy milk, cereals, etc.	Improper growth of bones and Rickets.
Vitamin -E	Potatoes, turnip, pumpkin, avocado, guava, olives, mango, olives, milk, nuts, seeds etc.	Heart problems and Hemolysis.
Vitamin -K	Tomatoes, chestnuts, broccoli, beef, cashew nuts, lamb, mangoes, etc.	Hemorrhage.

Adulteration is a legal term meaning that a food product fails to meet the legal standards. One form of adulteration is an addition of another substance to a food item in order to increase the quantity of the food item in raw form or prepared form, which may result in the loss of actual quality of food item.

WATCH WHAT YOU EAT			
	FOOD	ADULTERANT	HEALTH HAZARD
	Tea	Used tea leaves processed and coloured	Liver disorder
	Milk	Unhygienic water and starch	Stomach disorder
	Edible oils	Un-edible oils	Carcinogenic
	Turmeric powder	Lead chromate	Liver disorder

Key words

Adulteration	Adulteration is a legal term meaning that a food product fails to meet the legal standards.
Junk food	Junk food is unhealthful food that is high in calories from sugar or fat, with little dietary fiber, protein, vitamins, minerals, or other important forms of nutritional value
Balanced diet	A balanced diet is a diet that contains differing kinds of foods in certain quantities and proportions
Food pyramid	A food pyramid is a representation of the optimal number of servings to be eaten each day from each of the basic food groups.

Fill in the blanks

1. A balanced diet is a diet that contains differing kinds of foods in certain _____ and _____.

2. A food _____ is a representation of the optimal number of servings to be eaten each day from each of the basic food groups.
3. _____ food is unhealthful food that is high in calories from sugar or fat, with little dietary fiber, protein, vitamins, minerals, or other important forms of nutritional value.
4. _____ is a legal term meaning that a food product fails to meet the legal standards.

Write short notes on:

“Food adulteration and its causes”

“Need of food”

“Balanced diet and its benefits”

Hope you
Understood the
Chapter

Let's land on other chapter

Lesson – 3 – Plants

Plants are mainly multicellular organisms, predominantly photosynthetic eukaryotes of the kingdom Plantae. There are different types of plants based on three kinds. So let's study about them.

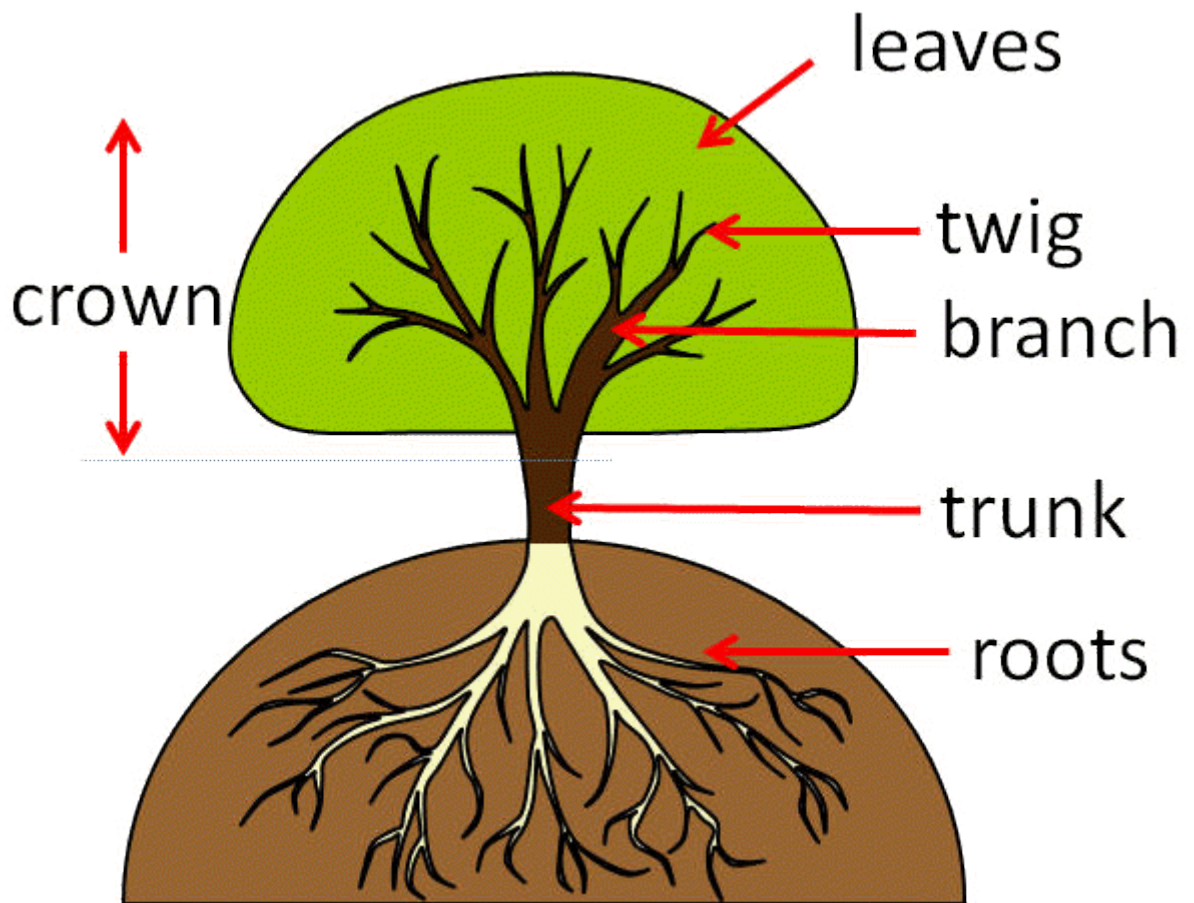
1. Shrubs- Shrubs, any woody plant that has several stems, none dominant, and is usually less than 3 m (10 feet) tall. When much-branched and dense, it may be called a bush. Intermediate between shrubs and trees are arborescence's, or treelike shrubs, from 3 to 6 m tall.



2. Herbs- Herbs can be perennials such as thyme, sage or lavender, biennials such as parsley, or annuals like basil. Perennial herbs can be shrubs such as rosemary (*Rosmarinus*), or trees such as bay laurel (*Laurus nobilis*) – this contrasts with botanical herbs, which by definition cannot be woody plants.



Trees - A tree is a tall plant with a trunk and branches made of wood. Trees can live for many years. ... The four main parts of a tree are the roots, the trunk, the branches, and the leaves. The roots of a tree are usually under the ground.



Climbers - A climber is any plant with a growth habit of trailing or scandent stems, lianas or runners. The word vine can also refer to such stems or runners themselves, for instance, when used in wicker work.



Creeper - They grow horizontally, instead of vertically. They have weak stems called prostrate stems that need support while growing and get fixed in the soil once they start to spread. There is a

number of amazing creeper plants



Key words

Creepers	They have weak stems called prostate stems that need support while growing
Climbers	A climber is any plant with a growth habit of trailing or scan dent stems, lianas or runners.
Trees	A tree is a tall plant with a trunk and branches made of wood.
Shrubs	Shrubs, any woody plant that has several stems

Fill in the blanks

1. A _____ is any plant with a growth habit of trailing or scandent stems, lianas or runners.
2. A _____ is a tall plant with a trunk and branches made of wood.
3. _____, any woody plant that has several stems.
4. _____ have weak stems called prostrate stems.
5. _____ grow horizontally, instead of vertically.

True false

1. The four main parts of a tree are the roots, the trunk, the branches, and the leaves. _____
2. A tree is a tall plant with a trunk and branches made of wood. _____
3. Creeper grow horizontally, instead of vertically.

4. Plants are mainly multicellular organisms, predominantly photosynthetic eukaryotes of the kingdom. _____

Identify the plant and tell the question



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Is the plant a creeper or a climber

What is the name of the plant?

Let's land on
another
chapter

Bye

Lesson – 4- Water

Water, a substance composed of the chemical elements hydrogen and oxygen and existing in gaseous, liquid, and solid states. It is one of the most plentiful and essential of compounds. A tasteless and odorless liquid at room temperature, it has the important ability to dissolve many other substances.

By labib khan

